

*Maple Glazed Ribs*  
 or  
*Lemon Herb Grilled Steak*  
*Cajun Vegetables    Corn and Tomato Salad*  
*California Cheese Bread*  
*Strawberry Romanoff Mousse*



## MAPLE GLAZED RIBS

4 lb (2 kg) pork back ribs	1/3 cup (75 mL) soy sauce
1 cup (250 mL) maple-flavoured pancake syrup	3 tbsp (40 mL) rice vinegar
	2 cloves garlic, crushed

Grill ribs over low heat on natural gas barbecue for 1 hour, turning several times, until meat is almost tender. Meanwhile, to prepare sauce, combine remaining ingredients (syrup through garlic) in a small saucepan. Place saucepan on a side burner or directly on barbecue grid. Bring mixture to a boil, reduce heat and simmer until mixture is thickened and reduced by half. Brush sauce over ribs. Continue grilling for 10 minutes, turning and basting with sauce until meat is tender and richly glazed. Cut into serving pieces. Serves 4 – 6.

## LEMON HERB GRILLED STEAK

1/4 cup (50 mL) olive oil	1/4 tsp (1 mL) sugar
3 tbsp (40 mL) fresh lemon juice	1/4 tsp (1 mL) salt
2 tbsp (25 mL) dry white wine	1/4 tsp (1 mL) freshly ground pepper
1 tbsp (15 mL) rosemary, crumbled	1 1/4 lb (0.625 kg) sirloin steak,
1 1/2 tsp (7 mL) thyme, crumbled	1 inch (2.5 cm) thick

To prepare marinade, combine all ingredients except steak in a double plastic bag. Add steak and squeeze bag to coat steak with marinade; seal bag. Let stand 30 minutes. Remove steak from marinade and pat dry; discard marinade. Grill steak over medium heat on natural gas barbecue to desired doneness. Serves 4.

## CAJUN VEGETABLES

1/2 cup (125 mL) olive oil	1/2 tsp (2 mL) cayenne pepper
1/4 cup (50 mL) white wine vinegar	1/2 tsp (2 mL) paprika
2 cloves garlic, crushed	1 summer squash or medium zucchini, sliced
1 tsp (5 mL) oregano, crumbled	1 red bell pepper, cut into chunks
1 tsp (5 mL) thyme, crumbled	1 green bell pepper, cut into chunks
1/2 tsp (2 mL) each salt and pepper	1 medium onion, cut into wedges

To prepare marinade, whisk together first 9 ingredients (oil through paprika). Toss vegetables with enough marinade to coat. Remaining marinade may be refrigerated for up to 1 week. Let vegetables stand 15 minutes. Grill vegetables directly on grid, on grill topper or in grill wok over medium heat on natural gas barbecue for 10 – 15 minutes or until browned and tender. Serves 4 – 6.

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### **CORN AND TOMATO SALAD**

3 cups (750 mL) frozen kernel corn, thawed	1/4 tsp (1 mL) sugar
2 Roma tomatoes, diced	1/4 tsp (1 mL) salt
2 tbsp (25 mL) chopped fresh cilantro	1 avocado, peeled and diced
2 tbsp (25 mL) fresh lime juice	Fresh cilantro leaves
2 tbsp (25 mL) oil	

Combine first 7 ingredients (corn through salt) in a small serving bowl. Cover and refrigerate for at least 2 hours or up to 24 hours. Up to 1 hour before serving, stir in avocado. Garnish with cilantro leaves. Serves 6 – 8.

### **CALIFORNIA CHEESE BREAD**

1 cup (250 mL) shredded Monterey Jack cheese with jalapeno	2 cloves garlic, chopped
1/2 cup (125 mL) thinly sliced green onions	1/4 tsp (1 mL) paprika
1/2 cup (125 mL) sour cream	1 baguette, sliced lengthwise
	Additional paprika

Combine first 5 ingredients (cheese through paprika). Wrap baguette halves individually in foil, leaving cut side open. Spread cheese mixture over cut side of baguette halves. Sprinkle with additional paprika. Heat bread over low heat directly on grid or on warming rack on natural gas barbecue for 10 – 15 minutes or until cheese is melted and bread is golden around edges. Slice bread and serve.

### **STRAWBERRY ROMANOFF MOUSSE**

1 pkg (85 g) strawberry jelly powder	1 cup (250 mL) sliced strawberries
1 cup (250 mL) boiling water	1 tbsp (15 mL) orange liqueur, optional
1 cup (250 mL) ice cubes	Whipped cream, optional
1 cup (250 mL) light sour cream	6 whole strawberries, optional

Combine jelly powder and boiling water in a bowl; stir until dissolved. Add ice cubes and stir until melted. Refrigerate jelly mixture until it is the consistency of lightly beaten egg whites, about 15 – 20 minutes. Combine jelly mixture, sour cream, sliced strawberries and liqueur in a blender. Puree until smooth. Pour into 6 wine glasses. Cover and refrigerate until set, about 1 hour. Mousse may be refrigerated for up to 24 hours. To serve, garnish with whipped cream and strawberries. Serves 6.